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Peaks Island Star, 2009

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### Peaks Island Star : January 2009, Vol. 29, Issue 1

Service Agencies of the Island

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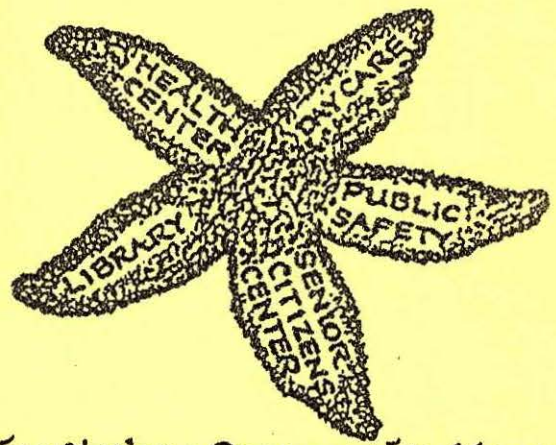
#### Recommended Citation

Service Agencies of the Island, "Peaks Island Star : January 2009, Vol. 29, Issue 1" (2009). *Peaks Island Star, 2009*. 12.

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# Peaks Island STAR



Newsletter of the Island's Service Agencies & other Community News

January 2009

Volume 29

Issue 1

## News From Senior Housing – Fay Garman House – 89 Central Avenue

*Thanks to a generous grant from the Peaks Island Fund, the Fay Garman House will be planting gardens this spring. Our plan is to have 3 raised beds filled with salad greens, vegetables, herbs and flowers. Our garden guru Jim Lauzier, has already begun sharing his expertise. We would like to invite all other Peaks Island gardeners to share their advice, gardening tips, knowledge...and your blessings. We welcome stories of success and near success, triumphs, flops, hardiness and haplessness. We come to the garden with a mix experience and the garden is brand new. As Fay Garman residents, we feel fortunate to have so much ongoing community support and are looking forward to sharing more time with our neighbors as we start up the gardens. Right now we are looking through catalogs, planning rows of lettuce and fences for snow peas. As the ground thaws and sunlight hangs around a little longer, we'll be ready to do more than daydreaming and will be looking for equipment and person power. We will gratefully accept donations from our wish list (i.e. planters, trellises, beloved perennials needing new homes, hands-on help, etc.) We also need to know where to purchase a composter, rain barrel and soil. Please contact Sandra Pedersen, Site Manager at 766-2173 for more information.*



**Peaks Island Children's Workshop**  
**71 Herman Ave. 766-2854**

**\*\*The workshop will be CLOSED for winter holiday from Dec. 24<sup>th</sup> - Jan. 3<sup>rd</sup>\*\***

**TODDLER PLAYGROUP** The playgroup will resume on Friday, Jan. 8<sup>th</sup>. The playgroup meets Fridays from 10:15-11:00am.

**SKIN CANCER PREVENTION GRANT** A grant was received to promote skin cancer prevention. Look for community programs, and a new shade structure at the Workshop in 2009!

**BOTTLE DEPOSIT RETURNS** Donate your bottle return slips to the Workshop! Just let the cashiers at Hannigan's know, and they'll handle it. It all adds up and helps us out!

\*\*\*\*\*

**PEAKS ISLAND COMMUNITY FOOD PANTRY**

M-F, 7:30am-6pm, and the first Saturday of each month.  
The food pantry is well-stocked and open to the entire community!  
(Located at the Workshop, 71 Herman Ave.)

**Assistance and deliveries available by contacting:**

-The Workshop	766-2854
-Pastor Desi Larson	766-5013
-Pastor Beau Boyle	766-3037
-St. Chrisopther's Parish	766-2585

\*\*\*\*\*

**Senior News**

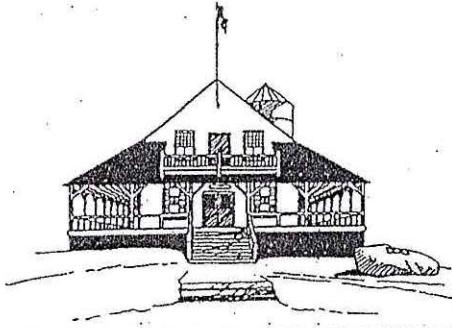
Peaks Island seniors met on Monday, December 8, for their monthly luncheon. The seniors feasted on turkey, vegetables, and great desserts. After lunch the preschoolers from the Children's Workshop sang seasonal songs and recited poems. What a wonderful job they did for being so young! After entertaining, they distributed pine cones filled with peanut butter and seeds for our feathered friends.

When the children had left, Bill Hinderer told amusing Maine tales. One story about a family up in the northern townships, one about his smart Peaks Island cats, and lastly, one war time story, which was true, how an army unit can be like a family at Christmas. The seniors truly enjoyed the stories. Thank you Bill. We also thank the Lions Club for donating the turkey. We also thank Judith, who did a wonderful job of roasting the turkey.

There will be no luncheon in January because of cold, ice, or snow. We will meet in February and will be having entertainment, so look for the February article in the STAR and find out who will be coming.

**Happy New Year!**





FIFTH MAINE REGIMENT MUSEUM  
P.O. Box 41  
Peaks Island, Maine 04108

(207) 766-3330 • [fifthmaine@juno.com](mailto:fifthmaine@juno.com)

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The past month of December has been a sad one at the Fifth Maine. Two of our long-time Board members, Don Perry and David Adams, passed away. Don will be remembered for his commitment to bringing the museum into the technology age with his incredible media skills. He leaves behind a large volume of work that includes photography, videos, dvds, and web pages. David served on our Collections Committee. His knowledge and many years of working with historic materials were invaluable. Both men will be greatly missed.

On a happier note our *Collections to Classrooms* educational outreach project continues to grow. New hands-on activities for students are being developed and a teacher workshop is scheduled for the spring. Other activities for adults are also being planned. Please let Kim know at 766-5514 or [fifthmaine@juno.com](mailto:fifthmaine@juno.com) if you would like to help with these efforts.

We, at the Fifth Maine, wish you all a healthy and happy New Year.

#### Peaks Island Energy Assistance

Peaks Island Energy Assistance is hosting another Loaf and Ladle Dinner, but with a new twist. "BREAKFAST FOR DINNER" will be held on Tuesday, January 9th, 2009, at the Brackett Memorial Church from 5-7 p.m. Children \$2.50 and adults \$6.00.

#### **HOMESTART at Home**

Thank you to all community members who completed the Housing Needs Assessment Survey. Participation was strong and we appreciate hearing from so many islanders.

On Saturday, January 24, Sarah Curran of Planning Decisions will present the results of the Housing Needs Assessment. The meeting will be held at the Douglas McVane Community Center from 9 am to 11 am. We invite the community to hear the presentation.

The HOMESTART Board is pleased to announce the result of annual board elections. The officers are Jane Banquer, President; Chris Roberts, Vice President; Kay Taylor, Secretary, and Don Webster, Treasurer. Congratulations to all! Thank you to Barbara Hoppin, past President, and Dick Reed, past Vice President for their service as officers.

Peaks Island residents interested in offering affordable housing rental or purchase opportunities may contact a board member or Mary Terry, Casco Bay Island Fellow at 221-2507. Island residents interested in renting or purchasing such a home are also invited to contact us for information and an application.

## BRACKETT MEMORIAL UNITED METHODIST CHURCH

*Open Hearts, Open Doors, Open Minds – We are a Welcoming, Inclusive, Reconciling Congregation*

3 Church Street, Peaks Island, Maine Our Webpage: [www.brackettmumc.org](http://www.brackettmumc.org)  
The Rev. Desi Larson, Pastor; 207-766-5013 [brackettmumc@yahoo.com](mailto:brackettmumc@yahoo.com)  
Worship, with childcare and Sunday School, 10 a.m. every Sunday

*Children's Choir - Most Tuesdays, 2:40-3:15 p.m., Call Mavourneen for details 899-0108.*

*Scripture Studies, Wednesdays 10 a.m. and 7:00 p.m. at the Church Office/Parsonage, 9 Church Street.*

*Prayer Shawl Ministry, Thursdays 1 p.m.* Needles, hooks, shawl patterns, yarn, and refreshments provided. New comers encouraged! Meeting at 3 Church St (the parsonage)-call Ann x-2636 or Rebecca at x-3017.

*Open Mic and Dessert Nite, January 16, Friday, 7:30 p.m.* Bring your stories, your music, your poetry, and your appetites and enjoy a fun-filled evening! Contact Bill Hinderer for more info 766-2636.

## St. Christopher's Catholic Church

15 Central Avenue

Father Fred Morse, Pastor

766-2585

*Sunday Mass* at 10 AM followed by fellowship in the Parish House

*Daily Mass:* Most Wednesdays at noon

*Sacraments:* Baptism, Reconciliation & Marriage: Call/ask Father Fred.

####

## **CERT Urges Preparation**

During the winter months, all Islanders should be extra alert for emergencies. Our Community Emergency Response Team (CERT) urges all islanders to prepare for emergencies with basics like planning for power outages, identifying hazards and reducing them, developing a disaster supplies kit and installing smoke alarms.

Many resources are available to help. For example, families can learn how to assemble extensive emergency kits with details at an excellent website: <http://www.cert-la.com/education/Preparedness.htm>. Islanders who would like more information about CERT should contact team members or write to [PeaksCERT@gmail.com](mailto:PeaksCERT@gmail.com).



## Peaks Island Council Notes

The following are the times and places for upcoming meetings and workshops:

January 14, 2008 Workshop – 6:30 PM @ Community Center

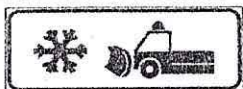
January 17, 2008 Dialogue Meeting – 10:00 AM to Noon @ Community Center

January 28, 2008 Regular Meeting – 6:30 PM @ Community Center

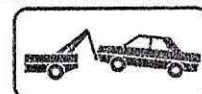
The Island Council's website is: <http://www.peaksislandcouncil.info/> For those without computer access, the same information is available in the Library.

On Saturday, January 17<sup>th</sup> at the Doug MacVane Community Center between 10AM and Noon, join us in another Open Dialogue to let the Island Council know what's on your mind and answer your questions. This is the prime opportunity for residents to meet and talk with the Island Council about their issues in an informal setting.

On Wednesday, January 7<sup>th</sup> at the Doug MacVane Community Center at 6:30PM, the Island Council is sponsoring a meeting dealing with the costs of living on Peaks Island. A Task Force has been established to obtain and analyze as many facts as possible on what it costs to reside on Peaks as opposed to the Mainland. Please attend if you are interested in participating in this research phase.



### Winter Snow Reminder



rev. 11/08

During winter months, the City of Portland implements City wide parking bans for snow plowing and or snow removal. Also when necessary a limited parking ban in the YELLOW ZONE, in the Portland Downtown District, may go into effect for snow hauling\*. The bans go into effect at 10:00 p.m. and continue in effect until 6:00 a.m. the following morning. However, under extreme conditions, the hours may be changed or extended.

**All vehicles left on the streets during a snow parking ban will be towed at the owners expense.**

#### **TO FIND OUT IF A SNOW BAN IS IN EFFECT YOU CAN:**

1. Call the winter parking ban telephone number, **879-0300**.
2. Listen to radio & watch television broadcast.
3. Check the City Web Site at: [www.portlandmaine.gov](http://www.portlandmaine.gov) You can also sign up for automatic E-mail or pager notification at this web site.
4. Look at the "Time & Temperature Sign" which will flash "Park Ban."
5. View several illuminated "Parking Ban In Effect" signs located at several intersections leading into the City.

**Thank you in advance for your cooperation and understanding.**



**January at the Peaks Island Branch Library**  
**in the Community Building      766-5540      email [peaks@portland.lib.me.us](mailto:peaks@portland.lib.me.us)**  
**Hours Open: Tues 2-8 Wed 10-4 Fri 10-2 Sat 8-12**

**Happy New Year** to all. As the winter weather bears down on us, remember that if you are housebound because of ice or illness, you can phone the library with your requests and we will do our best to arrange home delivery. We'll even pick out books or movies for you if you give us a general idea of what you'd like. Parents with sick children can also phone us for home delivery.

**Do you know *How the States Got Their Shapes*?** The library can provide a place to hang out and read or use the computers on cold winter days. Tuesday nights are ideal for families to come and spend time together, and the daytimes are quiet for people wanting to work or do some leisure reading. And by the way, *How the States Got Their Shapes* is the name of a new book by author Mark Stein, available at the library.

**Nursery Rhyme Time** for infants and toddlers is on Wednesdays and Fridays at 11. **Preschool Story Time** is on Fridays at 10:15. We look forward to seeing babies, toddlers and preschoolers and their parents, grandparents, and caring adults.

**First Tuesdays Book Discussion:** the group will read *Peace Like a River* by Leif Enger for January 6; *A Year of Fog* by Michelle Richmond for February 3; and *People of the Book* by Geraldine Brooks for March 3. The Book Discussion is held on the first Tuesday of the month at 7pm in the Community Room. Sponsored by the Friends of the Library, the meetings are open to all. You do not need to attend regularly to participate. To reserve a copy of the books, call or email the library.

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**PEAKS ENVIRONMENTAL ACTION TEAM**

Our monthly PEAT meeting on **Monday January 5<sup>th</sup>** will be devoted to gardening on Peaks: kitchen gardens, community gardens, pesticide use & misuse, and whatever else concerns you. **25 Crescent Avenue at 6:30 p.m.**

On the following Monday, Dr. George Baker, economist & consultant to the Fox Islands wind project, will discuss the wind effort on Vinalhaven and how Peaks might begin to explore the feasibility of wind power here. Please join us on **Monday January 12<sup>th</sup> at 7:00 p.m. at The Inn on Peaks.**

**PEAKS ENVIRONMENTAL ACTION TEAM**  
windpowerwindpowerwindywindypowerwindpowerwind

**DEADLINE FOR NEXT MONTH'S STAR:** Sunday, January 25, by 6pm please. Bring articles copy ready to the library. You may put them in the Book Return when the library is closed. **THANK YOU** to an anonymous donor for a contribution to the STAR.



**Peaks Island Health Center**  
**www.peakshealth.org    87 Central Avenue    PO Box 52    207-766-2929**

**Medical Care:** InterMed Office Hours:

Tuesdays and Fridays, 9:30 am to 2:30 pm, Lois Tiedeken, ANP

Wednesdays, 8:30am to 2:30 pm

InterMed website: [www.intermed.com](http://www.intermed.com)

On Wednesdays, please call the receptionist to confirm that a provider is onsite before you come to the Health Center. When the Health Center is closed, call 911 for medical emergencies. For non-acute illnesses, call your primary care provider.

Please note that the InterMed website has been included above. It includes a great deal of information about InterMed, including bio's of all InterMed physicians.

**A couple of reminders:**

**Equipment to Lend:** The Health Center has some medical equipment that islanders may borrow, such as commodes, walkers, metal crutches, canes, and bedpans. If you have a need for any of these types of items, just give a call. They are here for you.

**Annual Fund:** During December, along with lots of other mail, you should have received a letter requesting a donation to the Health Center's Annual Fund. If you have already sent in your donation, thank you. If the letter is still in your to-do pile, please remember that it takes all of us together to keep the Health Center open. Providing health care on the Island is expensive, and each donation, large and small, is important. If you did not get a letter, you may still contribute. Please make your check out to Casco Bay Health Center, PO Box 52, Peaks Island, ME 04108. Questions? Call Marge Powers, board president, 766-5952. A happy and healthy new year to all!



**VOLUNTEER ISLAND TRANSPORTATION**

**The volunteer island taxi service is available for all islanders.** If you need to go anywhere on the island, please call the volunteer for the day you need a lift. We offer rides Monday-Friday during the day. **It's best to call a day before, if possible.** Most drivers have answering machines so you can leave a message if they're not in.

Date	Driver(s)	Phone	Date	Driver(s)	Phone
Thur 1/1	<b>HOLIDAY – no service</b>		Mon 1/19	Don Webster	2166
Fri 1/2	The Shaws	3394	Tue 1/20	Ann Cannon	749-9738
Mon 1/5	Chris Hoppin	2593	Wed 1/21	Jamie and Marty	9726
Tue 1/6	The Taylors	2811	Thur 1/22	Judy Piawlock	2109
Wed 1/7	The Hurleys	899-2101	Fri 1/23	Nancy Hall	2514
Thur 1/8	Harris Kennedy	0966	Mon 1/26	Mary Voyer	2523
Fri 1/9	Howard Pedlikin	0067			Or 232-6878
Mon 1/12	Marjorie Phyfe	2307	Tue 1/27	Suzy Kane	5571
Tue 1/13	Marge Powers	5952	Wed 1/28	The Saltonstalls	899-0922
Wed 1/14	Monica Stevenson	2010	Thur 1/29	Jerry Garman	5054
Thur 1/15	Ginny Rynning	5256	Fri 1/30	Mary Koopman	2316
Fri 1/16	Peg Astarita	5997	Mon 2/2	Nancy Hall	2514

**To volunteer as a driver, call Nancy Hall at 2514. We always need more drivers.**



# JANUARY ACTIVITIES on PEAKS ISLAND

Sponsored by Portland Recreation and Facilities Management

To reserve space and equipment in the community building, you must contact Denise at least two days in advance. Best way to contact Denise is by email at [dlm@portlandmaine.gov](mailto:dlm@portlandmaine.gov) or you may leave a message at 766-2970. Please plan ahead as Denise works just part-time on the island – Mondays, Thursdays and Fridays.

## A SPECIAL NOTE FROM DENISE: HAPPY NEW YEAR TO ALL!

As I look back on the good year we had in 2008, I thank all of you for your continued participation and support. Special thanks go to those who made this year's Tree Lighting happen: from those working "behind the scenes" to those who helped out and attended the event itself. For the first time ever, I was not able to attend the Tree Lighting (my favorite island activity), but do hope to see you in December 2009. If you have ideas/suggestions for any other type of celebration you would like to observe on Peaks Island, please let Denise know at [dlm@portlandmaine.gov](mailto:dlm@portlandmaine.gov) or leave a message at 766-2970.

### ISLAND FUN FOR PRESCHOOLERS\*

\* Children must be accompanied by an adult.

#### FIRST MONDAY FUN: PRESCHOOLERS/ADULTS

Enjoy some time being creative with your little ones.

Monday, January 5 11:00 am/community building

RING in the New Year with crafts, fun and games

Monday, February 2 11:00 am/community building

Celebrate Ground Hog Day with songs and activities

### ISLAND HAPPENINGS FOR ADULTS

These programs are open to ALL adults. FMI, please leave a message at 766-2970. Pre-registration not required

#### BINGO FUN & SOUP LUNCH (January is Soup Month)

Play a few games of Bingo, have lunch (soup will be provided; bring a sandwich if you wish), then play more Bingo. Please bring a canned item for the Food Pantry.

Monday, January 12 10:45 am AND 2:45 pm

#### "BELLY LAUGH DAY" OPEN HOUSE

Believe it or not, this day does exist! Come prepared to laugh out loud! Bring your favorite joke or riddle. Fun for ALL ages! Look for themed "Open Houses" monthly in '09  
Friday, January 23 Drop-in between 10:45am-3:00pm

#### CHINESE NEW YEAR: YEAR OF THE YI CHOU(OX)

Celebrate yet another New Year with games (Chinese Checkers & more), new resolutions, snacks and fortunes!

Monday, January 26 10:45 am AND 2:45 pm

### MORNING EXERCISE PROGRAMS - ADULTS

Lots of room available! Please join us!

FMI: please leave a message for Denise at 766-2970

Walk\* Program: Mondays and Thursdays

8:15 am – meet at community center

\*an indoor exercise program will be held when icy/snowing  
Low-Impact Aerobics w/ Weights: Mondays and Thursdays

9:30 – 10:30 am at community center

### EVENING BASKETBALL PROGRAM/ADULTS (\$2)

Tuesday evenings at the PI School Gym 6:30 – 7:50 pm

No program during school vacations and school snow days

### PING PONG ANYONE?

If there is enough interest, we may be able to set up an on-going weekly game time. Please contact Denise if interested

### PORTLAND RECREATION "IN-TOWN" TRIPS

Please check the community bulletin boards for activities sponsored by the 55+ program of Portland Recreation.

Space has been reserved for islanders on the following trips:

Monday, Jan. 26 Maine Indoor Karting/Mini-Golf/Lunch

You are never too old to have fun like a kid!

\$14 for lunch & mini-golf/\$24 for all 3 boat schedule TBA

Friday, Jan. 30 Ethnic lunch (Chia Sen) & Wal-Mart

Enjoy a delicious Chinese meal and then shop at Wal-Mart

10:00 am boat/no later than 3:15 pm return \$4

Other trips may be full but we do maintain wait lists



## Saturday Night Movies in January

Free in the Community Room



Jan	6 PM
3	<i>Wall-E</i> (2008) G, 98 min
10	<i>Horton Hears a Who!</i> (2008) G, 86 min
17	<i>Brave Little Toaster</i> (1987) G, 90 min
24	<i>Surf's Up</i> (2007) PG, 85 min
31	<i>Kung Fu Panda</i> (2008) PG, 92 min

Jan	8 PM
3	<i>The Merry Widow</i> (1952) NR, 105 min
10	<i>Mamma Mia</i> (2008) PG-13, 108 min
17	<i>Les Choristes</i> (2005) PG-13, 97 min
24	<i>Twilight Samurai</i> (2002) NR, 129 min
31	<i>Man on Wire</i> (2005) PG-13, 94 min

The Saturday Night Movies are sponsored by the Friends of the Peaks Island Branch Library  
Children must be accompanied by an adult.